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IF ABE LINCOLN COULD TEXT, WHAT WOULD HE WRITE? ONLY DANIEL DAY-LEWIS AND SALLY FIELD KNOW THE ANSWER PAGE 14

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WHOA, CHRISTMAS TREE

Workers lower the city's Christmas tree into its new home Sunday. They will now spend the next several days bedecking it with 9,000 LED lights. This year's tree was donated by Mabel Lam of 548 Niagara St. in River Heights. The Colorado spruce is a whopping 17 metres high, has a trunk diameter of 65 centimetres at its base and is about 40 years old. It's one of the tallest trees to be installed at city hall. SHANE GIBSON/METRO

Harper likes it spicy

PM proclaims his love of hot food as he readies for a six-day visit to India PAGE 8

Pay phones popular in N.Y.

Archaic fixtures a reliable resource in aftermath of Superstorm Sandy, but they're in danger north of the border PAGE 10

Hall of fame and a park in her name

Clara Hughes' induction into the Manitoba Sports Hall of Fame was capped by the city naming a new park after the Olympic speedskater and cyclist PAGE 3

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C4 brings out record numbers

Comic relief. Fans of all stripes fill annual convention

SHANE GIBSON
shane.gibson@metronews.ca

This year's Central Canada Comic Convention (C4) continued making headway into mainstream culture with another batch of record-breaking attendance numbers.

Somewhere around 26,000 people had come to the first two days of the weekend-long pop-culture celebration at the Winnipeg Convention Centre by Saturday afternoon — up from the roughly 25,000 who went over all three days last year.

"There's way more people, it's gotten much more popular, and more people are dressing up," said Laura Tedesco, who, along with her husband Jimmy Shand, attended their third convention this year dressed as a pair of Tron Troopers. "It's almost like geeks are finally getting cool."

Geek chic

"It's almost like geeks are finally getting cool."

Laura Tedesco, who, along with her husband Jimmy Shand, attended their third convention this year dressed as a pair of Tron Troopers.

Dressed head-to-toe in white body amour with mirrored face shields, Shand and Tedesco didn't look out of place at all at the event, which saw people in costumes based on video-game, comic-book and movie characters.

Andrew Nunn, who is C4's head guest co-ordinator, said more than 100 dressed-up competitors took part in a costume contest Saturday night.

"People are taking a long time with these costumes," he said. "It's getting to be a bigger part of the convention every year."

Nunn also said the convention's stellar list of celebrity guests — which included Patrick Stewart of Star Trek: The Next Generation and X-Men, Tia Carrere of Relic Hunter and both Wayne's World movies, and Superman portrayer Dean Cain — drew a lot of fans to the show.

Holy costumes, Batman! From left, Morganne Yewdale, Stacey Rupps, Keith Hyatt, Darian Probetts and Madison McLean are dressed as their favourite Batman character at this year's C4 SHANE GIBSON/METRO

For the first time, this year's C4 took up two floors of the convention centre, and Nunn said organizers are hoping to take a third floor in 2013.

"Every year we seem to be getting better and better and bigger and bigger," he said.

Follow Shane Gibson on Twitter @tsgibson

New park named after Winnipeg's own Clara Hughes

Clara Hughes shows off her medals Saturday. STAN MILOSEVIC/CHRISD.CA

A new recreation park at the former site of Elmwood's Kelvin Community Centre might not be built yet, but it already has a name.

Mayor Sam Katz announced Saturday the $700,000 park will be named after Olympic speed-skater and cyclist Clara Hughes.

"I'm honoured that the City of Winnipeg is naming this recreational space after me," said Hughes, who grew up in Elmwood and was also inducted into the Manitoba Sports Hall of Fame Saturday night. "I believe that getting out and moving is important for both physical and mental health, so it's exciting to think that young people will be skateboarding, playing basketball and hockey, and even tobogganing in a park bearing my name."

Timeline

- Construction of the Clara Hughes Recreation Park is set to get underway shortly, and the majority of the work is to be finished by the spring of 2013.

The newly named park comes five years after the city shut down and demolished the Kelvin Community Centre, with a plan to re-zone the land and sell it as surplus.

Those plans changed after area residents, including John King, fought to have the land kept as recreational.

"It feels absolutely fantastic to have the site named after Clara — she is such a role model for everyone and is a very sincere, caring person," he said in an email.

King now hopes to see a second phase of construction include the expansion of the site's existing skate change-rooms into a new community centre.

"We have come up with a concept drawing that would include a small gym, hall and kitchen," he explained. "The community is thrilled with the retro work that will be going on but would ultimately like to have this building to provide a place large enough for indoor activities and as a community meeting place."

SHANE GIBSON/METRO

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Abduction. Dad of Maryk kids brought home to face charges

A Winnipeg man has been extradited from Mexico on charges of abducting his children and hiding them for four years.

Kevin Maryk, 41, was brought back to the Manitoba capital Thursday, some five months after he was arrested by Mexican police. He is being detained in custody on two counts of abduction and two counts of conspiracy to commit an indictable offence.

"Being extradited from one country to another is not a simple task," Winnipeg police Patrol Sgt. Monica Stothers said Friday.

"There's different levels of government and law enforcement that's involved in it."

Police allege Maryk took his children from his ex-wife during a court-ordered visit on Aug. 16, 2008, and fled Canada. The kids, Dominic and Abby Maryk, were seven and six at the time.

Maryk lived for a while in Peurto Vallarta, Mexico, and then Guadalajara, police said, keeping the kids indoors during the day and preventing them from going to school.

Kevin Maryk CONTRIBUTED

Investigators got a break in the case last May, when a neighbour in Guadalajara recognized the children in a Crime Stoppers video that aired in Mexico and called authorities. The kids were brought back to their mother in Winnipeg.

Police have also charged three other people in the case.

Police are still searching for the Maryks' nephew, Cody McKay, 23. He is wanted on a Canada-wide warrant.

THE CANADIAN PRESS

Abandonment. Father allegedly left kids on porch

A Winnipeg man is accused of leaving his two young children alone on a doorstep on a cold, rainy evening.

Police say the man went to a home in the city's North End on Oct. 20 to turn the kids over to a relative.

No one was home, so police allege the man left the kids, both under two years of age and one of them an infant, on the front stoop.

"It'd be nice to know what he was thinking," said Patrol Sgt. Monica Stothers during a press conference on Friday.

"His actions were absolutely irresponsible, that is why he's been charged with this abandonment."

Police say officers waited several hours at the scene and no adults came to check on the kids.

A 24-year-old man is facing two charges of child abandonment.

Police have not released the man's name because charges have not yet been formally laid.

Stothers praised the people who contacted police.

"We're pleased that neighbours, citizens in the area, they observed this and they contacted us right away," she said. "This could have turned into a tragic incident but it did not, because neighbours observed it and contacted us."

Stothers said the children are "safe and secure."

BERNICE PONTANILLA/METRO, WITH FILES FROM THE CANADIAN PRESS

Winnipeg police Chief Devon Clunis delivers a speech only moments after taking the oath of office at city hall on Friday, as Mayor Sam Katz looks on.
BERNICE PONTANILLA/METRO

Police chief vows to tackle roots of crime

Multifaceted approach. Devon Clunis says he wants to focus on social causes of crime, like poverty and abuse

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

During Friday's official swearing-in ceremony at city hall, new police Chief Devon Clunis provided some insight into what Winnipeggers can expect from his tenure.

"Today I am declaring that we will make a difference in preventing crime and disorder in our city. I am declaring that Winnipeg will become a safer city for all citizens. We will do this, not I (alone)," said Clunis after taking the oath of office.

"As your chief I am committed to take the lead, but I need all of you to go with me."

Clunis said the force will take "a multi-faceted approach" to reducing crime, first by having more front-line officers responding to calls.

"But greater enforcement is not the only part of the solution," he added. "In addition to enforcement, more emphasis must and will be placed on prevention of crime."

Clunis said this emphasis includes the "social causes" of crime, such as poverty, poor living conditions, alcohol and drug abuse, physical and sexual abuse, a lack of parenting skills, and obstacles to education.

"These aren't traditional police issues, but we must become a catalyst for change in our city," he said. "Police consistently deal with the consequences associated with these social challenges and we realize that we cannot arrest these issues away."

Clunis said he'll be providing more specifics about his plans in a couple of months, after consulting with key stakeholders.

Outgoing Chief Keith McCaskill said he's given Clunis a lot of advice that he prefers to keep private.

However, the most important is one Clunis touched on during his speech: Building ties with the numerous communities that make up Winnipeg.

"I've always been an advocate of that and Devon is an advocate of that," said McCaskill, whose retirement plans include a trip south of the border for the winter.

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Fatal crash. Boy, 17, charged with dangerous driving causing death

A 17-year-old Winnipeg boy is facing criminal charges in a single-vehicle crash that killed a girl and injured three others.

Police say a Pontiac Torrent lost control and struck a tree on Wellington Crescent on Thursday afternoon.

A 17-year-old girl died after being thrown from the vehicle, two other 17-year-old girls are in hospital in stable condition, while a male passenger and driver were treated for non-life-threatening injuries.

The driver is charged with dangerous driving causing death and three counts of dangerous driving causing bodily harm.

Media reports have identified the dead girl as Julia Romanow.

The Health Sciences Centre released a statement on behalf of the families of the injured girls, Shealagh Snyder and Desiree Ferbers, in which they ask that media not to contact them so they can concentrate on their children's recovery.

THE CANADIAN PRESS

On the web

For more local news, go to metronews.ca

Julia Romanow, 17, died after this SUV smashed into a tree on Thursday. SHANE GIBSON/METRO

Murray announces bid for Ontario Liberal leadership

Ex-Winnipeg mayor.
First name tossed in hat to run provincial party

Former Winnipeg mayor Glen Murray jumped into the Ontario Liberal leadership race Sunday, becoming the first to officially make a play for the party's top spot.

Murray made the announcement a day after stepping down as minister of training, colleges and universities. Ontario Premier Dalton McGuinty has said any minister seeking the job must quit cabinet.

At a news conference in Toronto, the Toronto-Centre MPP said he has the experience and ideas to take the reins of the party, which has struggled since forming a minority government.

"This race is like no other," Murray, 50, told a crowd of cheering supporters.

"The winner of this race will be the premier of a minority government with an opposition set to force an election.

"This race is about picking someone who has a clear agenda and a premier who is ready, if forced, to take the Liberals into election and win another mandate."

McGuinty announced two weeks ago that he was leaving public office after nine years as premier and 16 years as party leader.

Murray, who was the mayor of Winnipeg from 1998 to 2004, was first elected to the Ontario legislature in a 2010 byelection in Toronto.

"I've been a big-city mayor, I have successfully led a large government through similar challenges to the ones we face now," he said, adding he did so by working with people "of all political stripes."

THE CANADIAN PRESS

Also in the running

So far, the only other contender for the job is former Ontario municipal affairs minister Kathleen Wynne, who is expected to announce her intentions Monday.

Glen Murray celebrates his victory in the riding of Toronto Centre in the Ontario byelection on Feb. 4, 2010. The former mayor of Winnipeg is vying for the Ontario Liberal leadership. CHRIS YOUNG/THE CANADIAN PRESS FILE

Officials unable to reach consensus on murdered-women inquiry

Provincial and territorial cabinet ministers say they are prepared to take action to reduce the number of aboriginal women who fall victim to violence every year.

But it appears action is still a meeting or two away from reality.

"There's got to be a road map," said Eric Robinson, Manitoba's aboriginal affairs minister, who co-chaired the meeting in Winnipeg. "There's got to be a bit of a plan of action developed, and we've committed to doing that in the next six months."

The National Aboriginal Women's Summit included ministers responsible for justice, aboriginal affairs or the status of women from every province and territory. It also included officials from national aboriginal groups such as the Assembly of First Nations.

Aboriginal groups have called for a national inquiry into the estimated 600 aboriginal women who have disappeared or been killed in the last two decades.

THE CANADIAN PRESS

Future steps

A joint communiqué released at the end of the meeting called for items including:

- A meeting of aboriginal affairs and justice ministers next spring to work toward a "national framework of action."
- Better inter-provincial co-operation on criminal investigations.

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Obama and Romney blitz swing states ahead of Election Day

Final push. Obama leading by a slight margin in key states after more than 27 million Americans voted in advance of Tuesday's election

U.S. President Barack Obama and Republican rival Mitt Romney engaged in a frenzied cross-country blitz of the remaining toss-up states Sunday, with both sides predicting victory in a race that remains too close to call just two days before Election Day.

National opinion polls showed a race for the popular vote in Tuesday's election to be so close that only a statistically insignificant point or two separated the two rivals.

But the majority of polls in the battleground states — especially in the Midwestern states of Iowa, Wisconsin and Ohio — showed Obama with a slight advantage, giving him an easier path to the 270 electoral votes needed for victory. No Republican has won the White House without carrying Ohio.

Making his closing case to voters Sunday in Des Moines, Iowa, Romney pledged, if elected, to work with Democrats to restore the American dream and bring the economy roaring back to life.

"We're Americans. We can do anything," Romney said. "The only thing that stands between us and some of the best years we can imagine is a lack of leadership — and that's why we have elections."

Obama, too, said he is willing to work across party lines to break Washington's gridlock, but assured some 14,000 supporters who gathered in Concord, N.H., that he would not compromise key Democratic priorities such as health care and college financial aid.

"I know I look a little bit older, but I've got a lot of fight left in me," Obama said. "We have come too far to turn back now. We have come too far to let our hearts grow faint. It's time to keep pushing forward."

The final national NBC/Wall Street Journal Poll, conducted from Thursday to Saturday, showed Obama getting the support of 48 per cent of likely voters, while Romney received 47 per cent.

THE ASSOCIATED PRESS

Battleground states

Under the U.S. system, the winner is not determined by the nationwide popular vote, but by state-by-state contests, making "battleground" states extremely important in such a tight race.

- **Deja vu?** That raises the possibility of a replay of the 2000 election when Republican George W. Bush won the presidency with an electoral vote majority, while Democrat Al Gore had a narrow lead in the nationwide popular vote.

U.S. President Barack Obama, above, stops for a campaign rally in Concord, N.H., Sunday, while his Republican opponent, Mitt Romney, greets supporters as he campaigns in Des Moines, Iowa.

ABOVE: CHIP SOMODEVILLA/GETTY IMAGES, BELOW: CHARLES DHARAPAK/THE ASSOCIATED PRESS

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Pittsburgh zoo

Young boy mauled by wild dogs at zoo

A young boy visiting the Pittsburgh zoo with his mother and friends was killed Sunday when he fell about 14 feet off a deck into an exhibit that's home to a pack of African painted dogs, who pounced on the boy and mauled him, zoo officials said. It's not clear whether he died from the fall or the attack, said Tracy Gray of the Pittsburgh Zoo & PPG Aquarium.

When the boy fell, other visitors immediately told staff members, who responded along with Pittsburgh police. Zookeepers called the dogs off.

THE ASSOCIATED PRESS

1.6 million affected

Haitians appeal for aid after Sandy

The Haitian government is calling on other countries and international organizations to provide emergency aid after Hurricane Sandy caused major damage to the impoverished nation.

THE ASSOCIATED PRESS

Aftermath. Sandy victims pray for relief, electricity

Storm victims went to church Sunday to pray for relief and give thanks for their deliverance as cold weather settling in across the New York metropolitan area compounded the misery for people already struggling with severe gasoline shortages and power outages.

Hundreds of parishioners in parkas, scarves and boots packed the pews and stood in the aisles for Mass at a chilly Church of St. Rose in flood-ravaged Belmar, N.J. Firefighters and police officers sat in the front rows and drew applause.

With about 700,000 homes and businesses in New York City, its northern suburbs and Long Island still without electricity six days after the storm, New York Gov. Andrew Cuomo warned that many homes are becoming uninhabitable and that tens of thousands of people are going to need other places to stay.

More than 900,000 homes and businesses in New Jersey were still without electricity.

Damage has been estimated at $50 billion US, making Sandy the second-most expensive storm in U.S. history, behind Hurricane Katrina in 2005. THE ASSOCIATED PRESS

Having faith

"There's more happiness in life than there is the opposite. And it will be back."

Roman Catholic Bishop David O'Connell

Felice Vazquez, 40, of Hoboken, N.J., greets a neighbour Sunday as she mans a table providing hot drinks and snacks. JOHN MINCHILLO/THE ASSOCIATED PRESS

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Harper arrives in India to kick off six-day trip

Trade and investment focus. Currently trade sits at a modest $5.2 billion annually, and both countries hope to triple that by 2015

Hours before Stephen Harper's plane set down in India, he was already signalling his embrace of one of the world's most formidable economies — with a bite of a samosa.

On the way to Agra, where he eventually arrived on Sunday evening, Harper tucked into a platter of the savoury Indian pastry with three of his Indo-Canadian MPs.

"I'm a spicy-food eater," Harper conceded to reporters who had been invited to his private cabin on the government plane.

Prime Minister Harper and wife Laureen arrive in Agra, India, Sunday. THE CANADIAN PRESS

"I like everything. I love Indian food. I don't eat it that often, but I love Indian food."

Harper's unusually long six-day trip to India will be heavily focused on encouraging trade and investment, but will also touch on the personal ties between the two countries. Several reporters from Indo-Canadian media outlets have come along for Harper's trip. He is set to visit Chandigarh in the Punjab region, from where so many Canadians hail.

The first stop on Monday will be the Taj Mahal, the elaborate marble tomb built in the 17th century.

Later, Harper is to participate in a business forum in the capital, New Delhi.

Stewart Beck, Canada's high commissioner to India, said there are four main areas for trade growth: Food security, educational services, oil and gas, and infrastructure support.

But major agreements are not likely to be announced during Harper's trip.

A foreign investment and a trade deal are both still in negotiations, and the two nations have yet to agree on the strings attached to Canada selling India uranium under a two-year-old nuclear deal.

THE CANADIAN PRESS

47 couples tie knot in mass marriage

An Indian Muslim bride looks aside during a mass marriage for 47 couples in Ahmadabad, India, on Sunday. Mass marriages are organized by social organizations primarily to help families who cannot afford the high ceremony costs, as well as the elaborate dowry that is often customary. AJIT SOLANKI/THE ASSOCIATED PRESS

Coronavirus

Another infected in Saudi Arabia

Saudi Arabia has reported another person infected with the new coronavirus that emerged this year. This infected person is in Riyad. It's the third such case. The news comes as the Hajj ends and millions head home. THE CANADIAN PRESS

Staff Sgt. Robert Bales

Soldier accused in deaths due in court

A U.S. soldier will appear in military court Monday, where prosecutors will for the first time lay out their case that he slaughtered 16 people, including children, during a predawn raid on two villages in Afghanistan. THE ASSOCIATED PRESS

Election in 2014

Intra-party intrigue in South Africa

South Africa's deputy president is being urged to challenge President Jacob Zuma for the leadership of the ruling party, the ANC. Kgalema Motlanthe is dubbed Zuma's "silent opponent." THE ASSOCIATED PRESS

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Ottawa student escapes bomb blasts in Syria

JOE LOFARO
Metro in Ottawa

Yaman Marwah holds his camera as he speaks with a member of the Free Syrian Army on Oct. 26 as they head to Taftanaz, Syria. CONTRIBUTED/FARIS AL SHAWAF

In the span of 10 days, Carleton University student Yaman Marwah went from sipping a coffee from a Second Cup in downtown Ottawa to escaping a barrage of deadly bomb blasts in Binnish, Syria.

The 18-year-old law and economics student met with Metro on Oct. 23, the day before his trip to his home country with his friend Faris Al Shawaf, and said he wanted to document his humanitarian aid efforts with his camera on the front lines and show the footage to the outside world.

"There's a lot of people who don't believe what's happening," said Marwah at the time, alluding to conflicting reports from Syrian media and other news sources. "I have 5,000 (friends) on Facebook. Once I publish things from my own camera, my own lens, those 5,000 people will believe that this is actually happening in Syria.

"So once you hear it from a person you know personally, that's totally different."

Since arriving in Syria on Oct. 26, Marwah has been sharing photos on Facebook.

The most arresting photo is the one he took after what happened to him on Saturday morning. In a Skype interview with Metro from Antakia, Turkey, Marwah explained how it will be a day he will never forget.

He said he was sitting in an Internet café looking at his photographs on a computer when he heard the roar of a plane nearby.

"When we went to the door toward the noise of the bombs, we were automatically — just by the force of the bomb — we were thrown away at least a metre back," said Marwah.

He said the blast was about 200 metres from where he was and he suffered a minor leg injury. Binnish was hammered by more rocket blasts, he said, which left about 15 dead and 50 injured.

Reuters reported Saturday's attack in Binnish came from government fighter jets.

Online

Go to metronews.ca to see Marwah's photos.

New Coptic pope in Egypt

Acting Coptic Pope Pachomios displays the name of 60-year-old Bishop Tawadros, soon to be Pope Tawadros II, during the papal election ceremony at the Coptic Cathedral in Cairo on Sunday.

NASSER NASSER/THE ASSOCIATED PRESS

Access to information

MP takes aim at CBC requests

Alberta MP Brent Rathgeber couldn't disclose all of the details of his private member's bill Sunday because it won't go to the House of Commons until Monday afternoon.

He said generally he is trying to correct a problem with how the CBC has used an exemption for journalistic and creative activities in refusing access-to-information requests.

RYAN TUMILTY/METRO IN EDMONTON

Polygamous community

Bountiful, B.C., school closes

A school in Bountiful, B.C., with links to jailed polygamist leader Warren Jeffs has abruptly closed its doors, with most of its students now relying on homeschooling in a community that has long been accused of using classrooms to indoctrinate children rather than educate them. Bountiful Elementary-Secondary School shut down without explanation in September.

THE CANADIAN PRESS

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U.S. election. Politics will dominate markets this week

Stock markets will likely be in for quiet trading at the beginning of this week with traders cautious ahead of the U.S. election on Tuesday that is too close to call.

"It's a huge week on the political scene," said Colin Cieszynski, market analyst at CMC Markets Canada, who observed that China will also be in focus. The Communist Party's 18th Party Congress meeting kicks off on Thursday, which will see the leadership transition of the party and also the country.

The Toronto markets chalked up a rise of 0.65 per cent last week in the wake of positive Canadian earnings reports. New York markets were slightly lower despite strong U.S. economic data, including consumer confidence at the best level in almost five years, and data showing expansion in the U.S. and Chinese manufacturing sectors.

The week was capped by a stronger-than-expected U.S. employment report for October as the American economy cranked out 170,000 jobs last month, higher than the 125,000 that had been expected, though the unemployment rate inched up 0.1 of a point to 7.9 per cent.

The U.S. numbers for August and September were also revised upward to show an additional 84,000 jobs were created, but election jitters kept markets muted.

THE CANADIAN PRESS

'Fiscal cliff'

Regardless of the outcome of the election, there is a growing amount of uncertainty over the so-called fiscal cliff facing the U.S. economy.

- The fiscal cliff refers to a variety of tax hikes and massive budget reductions that will come into effect at the end of December unless Republicans and Democrats can come together with an alternative budget plan.
- Economists warn such a shock could send the economy back into recession. International Monetary Fund chief Christine Lagarde recently warned that Canada would not escape the fallout from that.

Endangered pay phones prove their worth in emergencies

Telecom. While Sandy shows how valuable archaic technology can be, least-profitable booths in Ontario and Quebec are threatened

People wait to use a pay phone on Bright Beach Avenue on Oct. 31 in the Brooklyn borough of New York, after Superstorm Sandy knocked out cellphone reception. Despite their value during emergencies, pay phones may be cut even further in Ontario and Quebec if the CRTC doesn't approve price increases. JOHN MINCHILLO/THE ASSOCIATED PRESS

The events of Superstorm Sandy are raising questions about the importance of pay phones in emergencies, even as two of Canada's largest telecom companies say they will tear out some public telephones unless they are allowed to sharply raise prices.

New Yorkers were forced to turn to their neighbourhood's coin-operated phones last week as flood waters knocked out power and cellphone reception in areas ravaged by Sandy, the massive storm that swept across the Eastern Seaboard.

But a push from Bell Canada and Bell Aliant Inc. could make it harder to find those pay phones in Canada during emergencies.

Earlier this year, both companies made applications to the Canadian Radio-television and Telecommunications Commission for rate hikes that could double the price of a pay-phone call.

Under the submission, they are asked for the ability to boost the price of a local call to as much as $1 each, compared to the current price of 50 cents.

Then in September the two telecom companies added extra pressure to their request by saying that without a rate increase, they would be forced to get rid of their least-profitable pay phones.

That could mean that up to 25 per cent of their pay phones in Ontario and Quebec would disappear if the CRTC doesn't allow them to raise prices.

THE CANADIAN PRESS

Mini vs. full-size: iPad buyers weigh 1.8-inch difference

Employees hold a new full- size Apple iPad, fourth generation, next to the new Apple iPad mini at an Apple store in Chicago. The devices went on sale in stores Friday. M. SPENCER GREEN/THE ASSOCIATED PRESS

Should you go 7.9 or 9.7? It's one of two big questions facing indecisive consumers who are thinking about buying a new iPad but aren't sure which one to choose.

The new iPad mini, which went on sale in Canada on Friday, has a 7.9-inch screen, versus the 9.7-inch display on the newest full-size iPad (that's about 20 and 24.6 centimetres for metric-system sticklers).

The other magic number to consider is 170 — as in the price difference between an iPad mini and a similarly equipped version of the latest large-sized iPad.

On the low end, a WiFi-only 16-gigabyte iPad mini is $329, versus $499 for the big iPad. The most expensive 64-gigabyte iPad mini — out later this month — is WiFi and mobile-network-ready. It'll go for $659, while the latest upgrade of the iPad with the same specs goes for $829.

So is it worth an extra $170 for the larger iPad? Or put another way, will price-conscious buyers regret not spending the extra $170 if they go with the cheaper iPad mini?

The iPad mini's smaller screen brings down its cost and Apple also saved a few bucks by sacrificing a bit of screen quality. Since the third generation of the larger iPad, Apple has used its so-called Retina Displays, which have a resolution of 2,048 by 1,536 pixels, and a pixel density of 264 per inch.

In plain English, more pixels equal more detail and better sharpness. Because the iPad mini has a resolution of 1,024 by 768 pixels and a pixel density of 163 per inch, it is noticeably less sharp.

Text on the iPad mini has some clear raggedness around the edges. But it may not be apparent to many users unless they're doing a side-by-side comparison with a larger iPad or another tablet with better screen resolution.

There are advantages to choosing the smaller screen including better portability and a more comfortable grip.

The iPad mini weighs in at about .68 pounds to the 1.44 pounds of the newest WiFi-only iPad. It doesn't sound like a lot but the weight difference makes it far more comfortable to hold one-handed for long stretches of time. The smaller format also makes it easier to palm.

THE CANADIAN PRESS

By the numbers

$170

The price differential between the mini and full-size iPad.

Sex-abuse scandal

U.K. may launch public inquiry into BBC conduct

Britain's government could order a full public inquiry into the British Broadcasting Corp.'s handling of the Jimmy Savile sex-abuse scandal, the country's top media minister said Sunday.

Culture Secretary Maria Miller told the Sunday Telegraph newspaper that a formal investigation into the broadcaster could be launched, if its own internal inquiries don't establish how the famed TV host's behaviour was allowed to go unchecked for decades. Savile has been accused of sexually abusing hundreds of vulnerable young people. He died last year at the age of 84.

Jimmy Savile appears at a charity run in this October 2006 file photo. GETTY IMAGES FILE

THE ASSOCIATED PRESS

Media-ethics inquiry

New texts show close ties between Cameron, Brooks

A British lawmaker says he's asked the country's media-ethics inquiry to consider newly disclosed text messages sent between Prime Minister David Cameron and Rebekah Brooks, the ex-chief executive of Rupert Murdoch's British newspaper division.

The Mail on Sunday newspaper published two previously undisclosed messages exchanged between the pair, who are friends and neighbours.

Brooks is facing trial on conspiracy charges linked to Britain's phone-hacking scandal, which saw Murdoch close down the News of the World tabloid.

In one newly disclosed message, Cameron thanked Brooks in 2009 for allowing him to borrow a horse, joking it was "fast, unpredictable and hard to control but fun." Opposition lawmaker Chris Bryant has asked a judge-led inquiry scrutinizing ties between the press and the powerful to examine the messages.

THE ASSOCIATED PRESS

'Milestone' agreement

ATMs, credit cards now an option for Myanmar tourists

Officials in Myanmar say three private banks have signed agreements with Visa Inc. to enable international travellers to use credit cards and withdraw cash from ATM machines by January.

Until recently, foreign visitors were barred from using credit cards in the Southeast Asian nation because of financial sanctions imposed by the U.S. and EU to punish the former military regime.

Those restrictions were lifted earlier this year after democratic reforms, and some businesses have already begun accepting credit cards.

Than Lwin, deputy chairman of Kanbawza Bank, says the deal was agreed to between Visa and his bank as well as two others — Cooperative Bank and Myanmar Oriental Bank.

He called the agreement "a milestone" that will boost the tourism industry in particular.

THE ASSOCIATED PRESS

IS THE MAYOR LOSING HIS GRIP?

URBAN COMPASS
Colin Fast
winnipeg@metronews.ca

I'll say this for city Coun. Justin Swandel: He certainly knows how to make an exit.

Swandel quit the city's executive policy committee in blistering style last week, saying the group is "dysfunctional, broken, divided — it's not good," and "I just take it back to the whole idea of loyalty and experience and there's a great lack of that right now at EPC."

While Swandel directed most of his vitriol toward his council colleagues, the surprise departure points to the bigger question of whether Mayor Sam Katz has lost his grip on council.

There was a time when the mayor — whoever that was — could count on the support of the EPC to move an agenda forward. Sure, councillors like Gord Steeves, Bill Clement and Mike O'Shaughnessy would argue behind closed doors, but in public they'd usually present a unified front.

Mayor Glen Murray wants to spend infrastructure money on bus rapid transit? Sounds great. Mayor Katz wants to spend that same money on recreation centres instead? Whatever you need, boss.

Executive Policy Committee

"Dysfunctional, broken, divided — it's not good."

Coun. Justin Swandel
on why he quit the EPC last week

An optimist would say they wanted to work together for the greater benefit of the city. A cynic would say they were just doing it for the extra prestige and pay that comes with being selected by the mayor to sit on the EPC.

Regardless of the motivation, it seems the dynamic has changed with the present-day mix of EPC members.

Swandel has completely forsaken the post because he's frustrated and "not comfortable working with that group." Russ Wyatt went rogue in calling for the CAO to be fired over the Taylor Avenue fire-hall fiasco. And Paula Havixbeck publicly grilled the CAO and fire chief for three hours last week about another fire-hall issue, stopping just short of calling them liars.

Even trusted lieutenants like councillors Scott Fielding and Jeff Browaty haven't been shy about publicly voicing their displeasure when they don't agree with the EPC's direction.

Will this sudden lineup change allow the mayor to restore order to his cabinet and re-establish his power at city hall? That seems doubtful.

On the fire-hall issue alone, the EPC remains deeply divided. Half of them (Wyatt, Havixbeck, Mike Pagtakhan) want heads to roll right now, while the other half (Dan Vandal, Fielding, Browaty) prefer to wait a year until the real-estate audit is finished.

With unresolved conflicts like that in play — and with the increased media and public scrutiny that city hall is getting these days — it's going to be difficult for the mayor to get everyone on the same page.

Further complicating the situation is that there are only two years left in the current council term. Katz has said he likely won't run again, and several EPC members could be positioning themselves for a run at the job.

So will Katz be able to mediate all these competing interests and lead a reunited EPC forward in implementing his plans, or will he simply join Swandel in taking his ball and going home?

Disturbance in the Force

Starfighter feeling Disney after all

George Lucas's filmmaking outpost, Skywalker Ranch, is so far removed from the Hollywood moviemaking machine he once despised that it may as well be on the forest moon of Endor.

Which is why the announcement that Lucas is selling the Star Wars franchise and the entire Lucasfilm business to the Walt Disney Co. for more than $4 billion US is like a laser blast from outer space for Dale Pollock.

Pollock, the author of the 1999 biography Skywalking, said George Lucas disdained the Disney culture in interviews he gave in the 1980s, even though he admired the company's founder. "He felt the corporate 'Disneyization' had destroyed the spirit of Walt," Pollock said.

Lucas said through a spokeswoman on Saturday he never said such a thing. But his anti-corporate streak is renowned. In the Lucasfilm-sanctioned documentary Empire of Dreams, Lucas says on camera that he is "not happy that corporations have taken over the film industry."

THE ASSOCIATED PRESS

This ride will go down in history

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS PHOTOS

Step on the gas!

Pre-1905 cars put on some clicks

Participant Paul Noon drives his 1902 Westfield car in central London during the London to Brighton Veteran Car Run on Sunday.

More than 500 pre-1905 vehicles made their way on the historic 100-kilometre run from Hyde Park in London to coastal Brighton in southern England, in the world's longest-running motoring celebration spanning 116 years.

The run is not a race but an endurance event and the drivers are not competitors but participants, hence why there is no "first to Brighton" award.

All participants who complete the course receive a finisher's medal and certificate.

THE ASSOCIATED PRESS

The wheel deal

30 km/h

All vehicles must be driven at an average speed of no more than 30 km/h and, in case of breakdowns, outside assistance is only permitted at designated locations.

A 1904 Aster car is backdropped by a double-decker bus during the run.

Volunteers keep Guides in mint condition

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Cookie lovers in Beausejour, rejoice!

Girl Guides will soon be knocking on your door to sell those delicious Thin Mints we all look forward to each year.

This almost didn't happen. Until recently, the town's Girl Guide program was in jeopardy due to a lack of adult volunteers (or guides).

Girl Guide regulations call for a minimum of two guides per 16 children — and 45 girls were expected to register.

With only one volunteer confirmed, it looked like the program would have to shut down. Luckily, seven community members stepped forward to save the day.

Since 1910, the Girl Guides of Canada has enabled over seven million girls to be confident, resourceful and courageous, and to make a difference in the world.

And thanks to the generosity of Beausejour residents, girls in their town won't have to miss out on this opportunity. And their families can still enjoy those mint-chocolate cookies.

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of international charity and educational partner Free the Children. Its youth-empowerment event, We Day, is in eight cities across Canada this year, inspiring more than 100,000 attendees. Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

metro

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Sally Field stars in Steven Spielberg's new film Lincoln as Mary Todd, the wife of the assassinated president. HANDOUT

What if Lincoln could send a text message?

Lincoln. Sally Field talks about getting to know co-star Daniel Day-Lewis through modern-day means

NED EHRBAR
Metro World News in Hollywood

Sally Field didn't have any rehearsal time for Lincoln, in which she plays Mary Todd Lincoln opposite fellow Oscar-winner Daniel Day-Lewis' Honest Abe. Luckily, the pair had another way to develop the rapport and sense of intimacy necessary to portray the long-married couple: text messaging. In character.

You and Daniel Day-Lewis would text each other, in character, before and during production?
I actually kept all the texts. I printed them up, I will keep them forever. They were breathtakingly wonderful and important to me because he kept doing it throughout the whole filming. He would write me after I'd done big scenes. It meant so much to me, and I will never reveal it. I will never reveal what they are. They are mine, they belong to me — a little like what Mary Todd felt about Mr. Lincoln. She burnt many of his letters. "He belongs to me." And that relationship belongs to me and I will never share it. But I will talk about the texts. It was so wonderful and so funny, a lot of it. And so concise. You know, we were texting, but as precisely Mr. Lincoln and precisely Mary Todd as we could manage. In the middle of last summer, he took to sending me limericks, and I would answer him by being critical. You know, "Is this the way you spend your time?" And criticize his lack of intelligence and his use of language (laughs).

It seems daunting to apply that manner of language to typing with your thumbs on a phone.
Yeah. It was really hard to do. It was helped by the fact that I was in the midst of research myself, so I was reading all these letters that were written of the feeling of the time. The way they used language was incredible. And also [screenwriter] Tony [Kushner]'s words were already being imprinted on my head, so I had some sense of the use of the language, and it was really a challenge much of the time to say what I wanted to say and not lose how it is that it should be said or it would be said at the time.

Have you ever done anything like that with a co-star before?
You know, I have never done a role that's this intense and emotional and connected to one human being and never have any rehearsal. We never had any rehearsal. So many of the scenes that you see between Mary and Mr. Lincoln are literally walk on set and do it. And do very few takes. But we had done so much work, he and I, and I think we both have enough miles in the saddle, and the bubble that was created for us by Steven [Spielberg] and by him to stay immersed in this world, it made it very interesting and very challenging — but in a good way — to work. The difficulty is owning the language. It's so difficult to say.

It must be nice being one of the few people in this film that doesn't have to worry about outlandish facial hair.
No, but I had to worry about other things, like gaining weight.

You look fantastic now.
I haven't eaten since (laughs).

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Out Fox-ing your mother has never been so much fun

Prank My Mom. New hidden-camera show hosted by Kill Bill actress aims to give serious parents a shock with hilarious results

ANNE BRODIE
scene@metronews.ca

Vivica A. Fox hosts Prank My Mom, a hidden-camera series that sets up unsuspecting moms for big surprises. Children announce they are pregnant, under arrest, have to retrieve a sex tape or posted mom's profile on a fictitious dating site and wait for her reaction. It's a ruse designed to bring her a little excitement. Metro talked to the host about the show and her hectic career.

Prank My Mom host Vivica A. Fox. GETTY IMAGE

Vivica, you're hysterical! Your attitude sweetens the emotional roller coaster that is Prank My Mom.
Absolutely! It's been a good fit for me, and surprising for a lot of people. They say, "I never knew you were really funny!" What? I've done a lot of comedies — like Booty Call and Curb Your Enthusiasm — but they forgot! And I've been punked by Tichina Arnold. I love Prank My Mom because moms are so serious, especially concerning their kids. These pranks can be pretty outrageous. The moms go wild. When it's revealed as a prank they are so relieved their kid doesn't have a sex tape and isn't a sex surrogate or going to jail, it's just "Whoo-hoo!" And then we talk it off with a dozen roses! One mom was hitting security officers with her purse and when it was over she said to her daughter, "I'd do anything for you," even though she'd broken the law and assaulted police. We haven't had any moms who've become upset with us.

What about hitting home, pranking your mom or being pranked?
As of right now, no, I don't know about my mom. I'll think about that one. We could get her at church. She's very proud and defensive of her church! The show Punk'd had been trying to get me for a very long time. I was at a photo shoot and my friend Tichina came to visit and pretended she was pregnant. I should have noticed when she came in full makeup, but I was busy with my shoot. Did she ever get me! Her water broke and the paramedics from hell showed up. I turned into a mama bear and stopped them from taking an uncompromising picture of her and told them to put up the cameras or I'd inflict bodily harm! When it was over I was sweating for a half hour to calm down. What! People were saying I'm always so red carpet ready but they learned you don't mess with me. That's the other side of Viv!

You're doing this show and have 11 films due out next year. Yikes.
I've been very blessed that my producer Lita Richardson strategized not to limit us. I host, produce, do theatre, film and TV and that has been the key. I'm also on another sitcom called Mr. Box Office. You have to control your career and the product for your audience. I find it to be so fulfilling and I'm proud of my hands-on part in it. Oh! Plus I have my own hair line for busy sexy women (vivicafoxhair.com). Yes I am busy.

How do you relax? Or do you?
Oh no, honey. Are you kidding me? I love working and I love what I do and I'm happy and blessed but I do know how to relax. I go to the spa and take my godson Christian to the mall and play with him. And, I spend a lot of time with my family. I've learned to take the time to smell the roses, to go play. I had to learn that after I built two homes and sold them! **PRANK MY MOM AIRS WEDNESDAYS ON LIFETIME CANADA.**

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Britney Spears. ALL PHOTOS GETTY IMAGES

Lawsuit against Spears' family thrown out of court

Britney Spears has one less headache to worry about, as a judge has dismissed former manager Sam Lufti's case against the singer and her family, according to Hollyscoop.

Lufti's suit had claimed that Spears' mom defamed him in her book and her dad assaulted him and that Spears herself owed him nearly $1 million in unpaid wages because of a verbal agreement that he would manage her for a four-year period. Lufti is reportedly planning to appeal.

Lady Gaga.

Lady Gaga dismisses critics of her weight

While Lady Gaga has successfully shed the pounds she'd put on recently, she still thinks the attention the weight gain garnered was out of proportion.

"I thought, well I don't really care if they think I'm fat because, quite honestly, I did gain about 30 pounds," Gaga said.

"Adele is bigger than me. How come nobody says anything about it?"

The Word

DiCaprio casts off another model girlfriend

Leonardo DiCaprio has called it quits with yet another fashion model girlfriend, reportedly breaking up with Erin Heatherton after about 10 months of dating, according to Us Weekly.

"They split a few weeks ago. There's no bad blood, they still care about each other a lot," a source says.

"They're both just really busy. They had crazy schedules."

DiCaprio previously had long-term relationships with models Gisele Bundchen from 2001 to 2005 and Bar Refaeli from 2006 to 2011.

Amanda Bynes

Amanda Bynes threatens to sue over latest allegations

Amanda Bynes has been accused of engaging in a lot of unstable and unlawful behaviour this year. But apparently she draws the line at an In Touch magazine report that she paraded around a New York tanning salon completely naked, telling Celebuzz in a text message it wasn't true.

"That's not true, I'll sue."

The story claimed that Bynes emerged from a private tanning room completely naked and looking for a pair of goggles.

She "didn't seem to care that everyone saw her naked," a source says, adding that Bynes looked "painfully thin."

Emma Stone

Emma Stone not rushing to the altar anytime soon

Emma Stone and her Amazing Spider-Man co-star Andrew Garfield apparently couldn't be happier together, but that doesn't mean the world should be expecting engagement news anytime soon.

"There's no rush to get engaged. They are both young and ambitious," a source recently told Us Weekly.

"They just love spending time together. They are absolutely adorable together."

Twitter

@ralphmacchio
Lights just went on at Camp Macchio! Water is running!

@jimmykimmel
The SkyMall catalogue has gotten so commercialized

@prattprattpratt
Haiku of the day: Jack Daniel's Whiskey. Jack. I love you, Jack. I got your back, Mr. Jack. Forever my boy.

@SteveMartinToGo
I stand by my original apology.

Healing owies

Magic bandage remover

It's funny, isn't it, the crying and anxiety that comes with the simple task of removing a tiny bandage from a child? I have found a solution, though, that might save your sanity — and your child's. Simply dip your finger in baby oil and rub it on top of the bandage. In just seconds, the oil will seep into the bandage and viola: No more stickiness! The bandage just slides off and the skin is left soothed by the oil. CHARITY GASPER, YUMMYMUMMYCLUB.CA

Remembrance Day

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2. Print out free Remembrance Day colouring pages.
3. Wear a poppy to school.
4. Read the poem In Flanders Field together.
5. Read Winnie-the-Pooh and talk about Winnie's history. (True story: Winnie-the-Pooh was inspired by Winnipeg the Bear — a Canadian born bear adopted by a Canadian solider who became his regiment's mascot.)

CAROLINE FERNANDEZ, YUMMYMUMMYCLUB.CA

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LIFE 3

Four life lessons I have learned from my toddler

Wee ones. Two-year-olds actually have a lot of wisdom to impart

HAILEY EISEN
yummymummyclub.ca

Toddlers are incredible because, for the most part, they exist in a pure and natural state — untainted by society's expectations, standards and rules. They do what they want, when they want, until someone forces them to stop. They speak their minds and act without inhibition. Adults can learn a lot from them! Here's what mine has taught me.

Be persistent
If you want something badly enough, it's worth going after. Whether this means cajoling, bargaining, pleading or even stomping your feet. Even if someone is standing in the way of making your dream/goal/desire a reality, a healthy dose of conviction is sometimes all you need to break down that barrier. There's no talking my daughter out of something once she's made up her mind.

Let your emotions flow
Have you ever watched a two-year-old process emotions? Mine can go from laughing hysterically, to crying, to sulking, to laughing in a matter of minutes. She expresses her emotions as she feels them, so she's never at risk of keeping them pent up. She doesn't know about holding a grudge and the longest she can stay angry with someone is five minutes.

Forget what others think
Do you ever wonder how you'd live your life if no one was watching? That's how my child lives every day. It may sound cliché, but it's totally liberating. I'm taking cues from her and quieting that inner voice that says, "What if they don't like me? What if they think I look fat?" As my daughter practices her plié sauté on a busy sidewalk wearing a tutu and a mismatched hat with chocolate smeared on her cheek, I have to ask myself: who cares? And the answer I'm going for is: not me!

Love yourself
My daughter is happiest when positioned in front of the full-length mirror in our front foyer. She'll sing, dance, and have full conversations with herself. She's so happy with her own reflection that she never looks upon herself with criticism. This is what we all felt about ourselves when we were kids, before we started listening to the criticism of others. When was the last time you looked yourself in the mirror and felt nothing but love? When was the last time you celebrated your accomplishments? Take a lesson from this kid and start loving yourself more today!

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There is a lot adults can learn from toddlers. ISTOCK

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Noticing some mo bros and sistas?

GILBERT NDIKUBWAYEZU
life@metronews.ca

In the next few weeks, you may see many men developing their whiskers in an exceptional way.

It's Movember — a combination of moustache and November — a time when men grow a moustache during the whole month of November.

By doing so, you participate in an awareness campaign against males' most pressing health issues, notably prostate cancer.

The worldwide campaign culminates in a multitude of fundraising parties, with proceedings going to programmes dedicated to fighting against prostate cancer and males' mental health.

Participation in Movember requires a guy to register for the campaign, with a completely shaved face starting on November 1.

The ultimate objective is to instill, throughout the month, discussions in all walks of life about the often ignored issues facing males' health.

Since its inception in 2004, Movember activities have spread around the world. Canada joined the movement in 2007 and this year such activities will be held in 21 countries.

In 2011, as many as 854,000 Canadians participated, raising $125.7 million for the Movember Foundation.

Mo Sistas

So it's Movember, the month to grow moustaches and fight prostate cancer. And you are a female. Doesn't really concern you, does it?

Well, yes actually. There are ways women can also play a role, and a vital one at that, during the Movember campaign.

"Just because you can't grow a moustache doesn't mean you can't have a life-saving conversation, create awareness and contribute to a great cause," said Angela McNally of Toronto, who has been a Mo Sista since 2010 and currently sits on its Toronto committee. "Standing behind this cause shows you are passionate to see a change in men's Health."

Mo Sistas play a crucial role during the campaign by acting as team captains, recruiting others to join, sparking conversations, lending support to Mo Bros who grow moustaches and raising general awareness for the importance of men's health, said Pete Mbombaci, director for Movember Canada.

There we more than 16,000 registered Mo Sistas last year. They have formed regional committees in Toronto, Calgary and Montreal.

GILBERT NDIKUBWAYEZU/FOR METRO

Movember expands scope to include mental health issues

In the spirit of continuing to address crucial issues that affect men's health, Movember has expanded its scope of campaign to include males' mental health.

Mental health problems affect 3.4 million Canadian males each year, said Pete Mbombaci, national director of Movember Canada, as he explained the reasons why the movement decided this year to include mental health in its campaign activities. In other words, one-in-five Canadian men is affected by mental health issues. This trend raises the rate of suicide among men. Despite the lower cases of depression reported, it has emerged that four out five suicides among young Canadian people are committed by men. These alarming numbers are what prompted the Movember foundation to include mental health in its awareness campaign this year, Mbombaci said.

"This is an important step in the evolution of Movember as we're able to continue to address critical men's health issues," he said, adding that the goal is to get people to have discussions about it to reduce stigma and discrimination associated with it.

Movember intends to partner with other existing organizations in the mental health field to form an industry think tank that will possibly convene in January to address key areas where funding is needed. Once decided, mental health organizations across Canada will be able to apply for funding for projects in the given priority areas, Pete added.

Movember campaign funds will also help raise awareness of men's mental health issues. ISTOCK IMAGES

At the Canadian Mental Health Association (CMHA), they've welcomed this Movember initiative, in as far as it will help men take recognition of mental health's severity.

"Many men don't believe they are susceptible to depression for example," said Peter Coleridge, national CEO of CMHA. He said that, just like prostate cancer, men's mental health issues are not spoken about among people, yet this is "the second largest threat to men's health after accidents."

"We encourage all Canadians to maintain and improve their mental health, and seek support and help when needed," he said.

Peter said the Movember campaign will help direct males to resources available to them at CMHA and other health organizations across the country. GILBERT NDIKUBWAYEZU/FOR METRO

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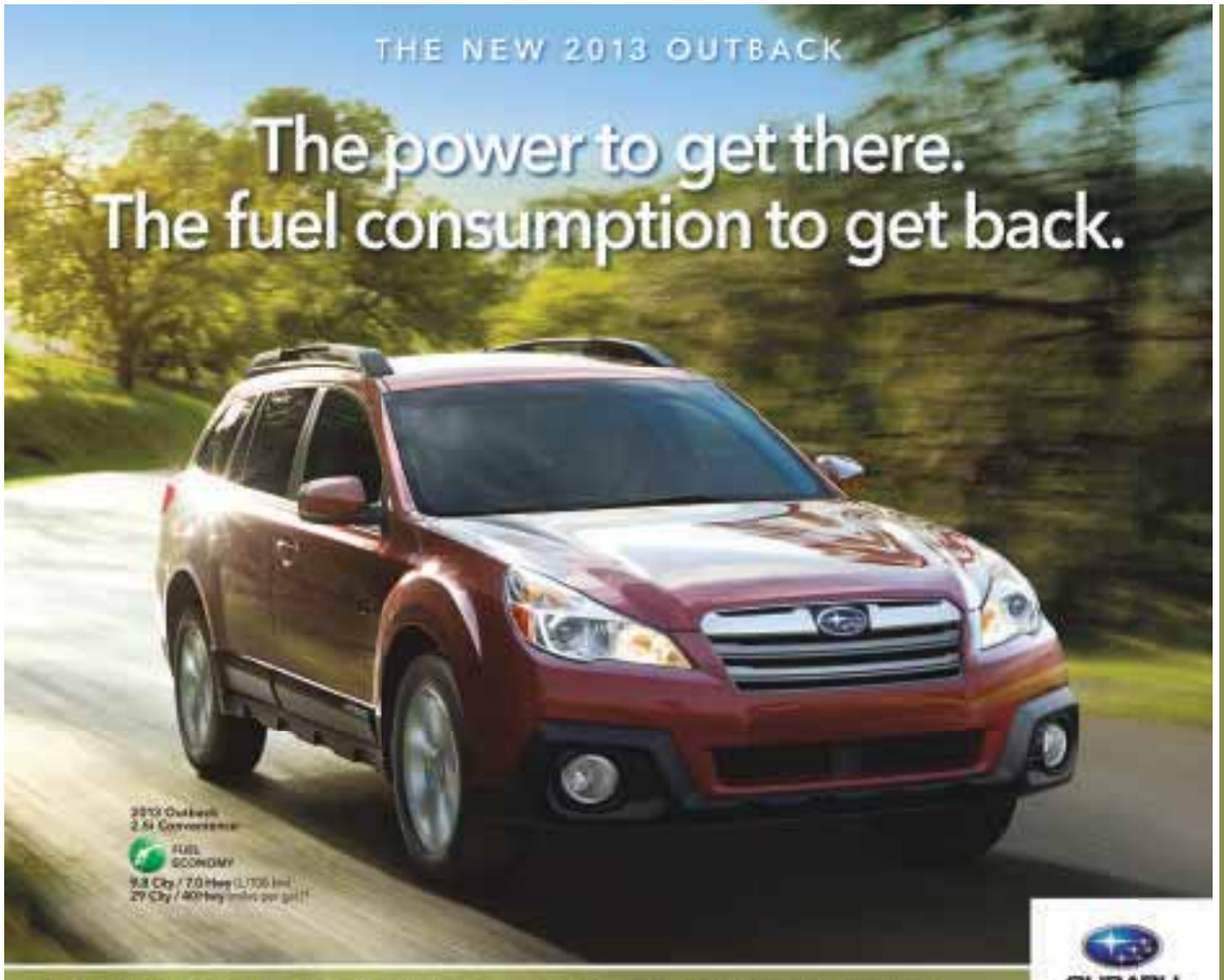

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French Toast gets a healthy facelift from multi-grain bread

This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Pancake houses serve delicious French toast, cooked in loads of oil and smothered with butter and maple syrup. Delicious, but it's not healthy or low in fat. My version is delicious and healthy. Using the egg substitute lowers fat, calories and cholesterol.

Ingredients

- 1/2 cup egg substitute or 2 large eggs
- 3 egg whites
- 1/3 cup low-fat milk
- 1 tsp ground cinnamon
- 1 tsp pure vanilla extract
- 4 slices multi-grain bread
- 3 tbsp pure maple syrup
- 1 tbsp sifted icing sugar
- 1/2 cup sliced strawberries

1. Whisk the eggs, milk, cinnamon and vanilla together in a shallow bowl until well blended. Dip a piece of bread into the mixture, making sure both sides are moistened. Do not leave the bread in the mixture for too long or the bread will fall apart. Repeat with another slice of bread.

2. Spray a large non-stick skillet with vegetable oil and place over medium heat. Cook 2 pieces at a time, browning each side, a total of about 5 minutes.

3. Garnish with a sprinkling of icing sugar, a drizzle of maple syrup and sliced strawberries.

Nutritional analysis

Per one slice

- **107 calories; 6.3 g protein; 1.3 g fat; 0.4 g saturated fat; 16 g carbohydrates; 3.8 mg cholesterol; 160 mg sodium; 2.4 g fibre**

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

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Sometimes getting a fresh breakfast on the table without being late for work or school isn't possible. But be careful with the alternatives.

Aunt Jemima Croissant Egg Sandwich

350 calories/ 23 g fat
Egg and cheese are the only safe items in this frozen breakfast. The croissant and sausage contain the majority of calories and fat.

Equivalent

One Aunt Jemima Croissant Egg Sandwich is equal in fat to almost six marshmallow dream bars from Starbucks.

Smart One's English Muffin with Egg, Cheese and Bacon

210 calories/ 6 g fat
Egg whites are used, reducing calories and fat.

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Combine faves in tasty Skillet Muffin Pancakes

What do you do when you are hankering for blueberry muffins, but don't have a muffin pan handy? Well, you can cook them the same as you would pancake batter, in a skillet, using the muffin batter.

Why not just make blueberry pancakes? To answer that, look at the differences between pancake and muffin batters. Though recipes will vary, most pancake and muffin recipes call for equal amounts of flour and eggs. But while pancakes call for more liquid, muffins get more sugar, fat and baking powder.

So while muffin batter cooked in a skillet may resemble a pancake, the taste is all muffin. You can even top the muffins with a blend of cinnamon-sugar. This caramelizes beautifully when you flip them. And while muffins can take half an hour to bake, these pancake-style muffins cook up in just minutes.

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

For the muffins
- 2 cups all-purpose flour
- 1/2 cup sugar
- 1 tbsp baking powder
- 1 tsp cinnamon
- 1/2 tsp salt
- Zest of 1 lemon
- 1 cup milk
- 1 egg
- 2 tbsp canola or vegetable oil
- 1 tsp vanilla extract
- 1 cup fresh blueberries

For the topping
- 2 tbsp brown sugar
- 2 tbsp cinnamon

1. In bowl, stir flour, sugar, baking powder, cinnamon, salt and lemon zest. In separate bowl, whisk together the milk, egg, oil and vanilla.

2. Add liquid ingredients to the dry, then stir just until a batter forms. Gently stir in the blueberries. Set aside.

3. In small bowl, mix brown sugar and cinnamon.

4. Heat skillet over medium. Coat with cooking spray, reduce heat to low, then ladle batter into the skillet, using about 1/3 cup per muffin. Do not crowd pan, as muffins will spread. Sprinkle top of each muffin with a bit of the topping. Cover and cook 8 minutes, or until risen and browned on the bottom. Use a spatula to flip and cook for another 2 to 4 minutes. Repeat with remaining batter. THE ASSOCIATED PRESS

There's magic in your mistakes

Telling it like it is.
W. Brett Wilson tackles the tough side of getting to the top

ELIZABETH BEDDALL
life@metronews.ca

Wilson is chairman of both Canoe Financial and his Prairie Merchant Corporation and is a member of the Order of Canada. HEATHER FRITZ

Dragons' Den co-star and Risky Business host W. Brett Wilson became one of Canada's top investment bankers, but learned the hard way that financial success and the respect of business peers can come at the price of losing health, family and friends.

In his new book Redefining Success, which is in stores tomorrow, Wilson tells the story of hitting the big-time financially while hitting rock-bottom personally, and what led him to redefine his life.

Metro caught up with Wilson to chat about success, business savvy and what it truly means to be satisfied.

If we're being completely honest, does one's personal life have to suffer at least marginally in order to climb the professional ladder?
Yes, there are sacrifices for sure because we can only do one thing at time and we have competing demands on our time. That simply drives home the relevance of setting priorities to steward ones time with.

What are three key warning signs that you are not balancing work and life properly?
There are many warning signs, but at the personal level when you aren't allocating time to your health, your family and your friends ... quite simply you are not balancing life and work very well.

If I were hoping to get you to invest in my small business idea, what could I tell you that would make you back out immediately?
If you told me the idea was new and you thought it was worth a "flyer" I would question for passion, for the concept and ability and interest in following through — meaning I am gonzo!

What has been the biggest risk you've ever taken in your professional life and did it yield positive or negative results?
The biggest risk I ever took, in the eyes of my family and friends and peers, was starting FirstEnergy — the energy-focused brokerage firm — as the entrepreneur. I was comfortable with the risk (it was my life's focus after all), but there were many doubters. Did it work out? Financially it was a success. Personally, it absorbed every waking hour, to the detriment of key relationships in my life.

Can you recall a moment in your life where you felt like you achieved success wholly and completely?
Success is hard to measure, therefore it's hard to respond to the question.

Have I achieved success? The last line in my book offers: "A successful man is one who has earned the respect and admiration of others." I would add, "especially that of his children." On that basis — I hope I have achieved success. I know my life's work is far from done.

The In-Credibility Factor

Name: Daniel Torjman
City: Toronto
Age: 33
Occupation: Designer, founder of clothing and accessory brand 18 Waits

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Daniel Torjman. LEETA HARDING

Torjman was working in the fashion industry in New York when he decided to move back to Canada and strike out on his own. He founded 18 Waits, and now his clothing and accessories are featured in high-end North American stores, like Holt Renfrew, and around the world in China, Japan and the United Arab Emirates.

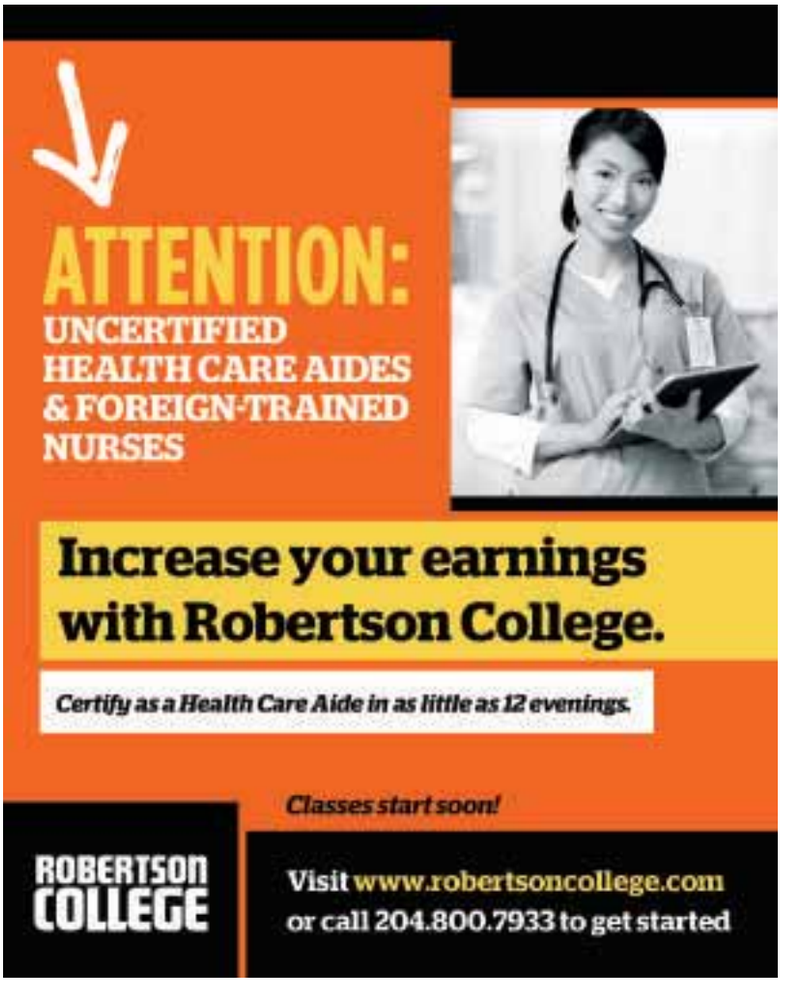
I knew I was on my way when... we brought our collection to sell at a very well regarded trade show in Paris and New York and it was incredibly well-received. We showed alongside the best brands in the world for buyers who came from all over the world and everyone loved our brand and collection. It was pretty exciting as the people who walk these shows are educated, skilled and acutely aware of what's happening in the fashion world on an international level. And we fit right in.

Action Plan

• Be well organized. It's so easy for things to get out of hand — and quickly — when starting a business. Set up a good system of organization right off the bat so you're off to a good start and not trying to clean up messes down the road.

• Surround yourself with the right people. Don't have an ego about it. Find great people to work with and let them do what they're best at without getting in their way.

• Don't give up. It doesn't matter what industry you're in; starting and running your own business is not easy. But if your goal or dream is to do it then all the work is worth it. Don't get frustrated by small failings or not succeeding as fast as you would have hoped. It takes a few years for a business to really find its legs and start working. Lastly, work your ass off. Because that's what it takes to make it work. If you love what you do — which I do — the work is fun and exciting, as opposed to laborious and boring. Love what you do and then work your ass off doing it.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Winnipeg Blue Bombers starting quarterback Buck Pierce is tackled by Hamilton Tiger-Cats Renauld Williams, right, as Bo Smith closes in on Oct. 27 in Hamilton.
CHRIS YOUNG/THE CANADIAN PRESS FILE

Questions surround quarterback position

CFL. Buck Pierce's spot as starting pivot will be up for competition

The Winnipeg Blue Bombers have cleaned out their lockers and are heading home, but a disappointing season has left a big question mark hanging over the quarterback position for 2013.

For the first time since Buck Pierce arrived and became the starter, the team seems to be looking hard at other options.

"I would say there will be competition for the starting position at quarterback," coach Tim Burke said Sunday after ending the season with a win over Montreal a day earlier that left the team with a 6-12 record.

That doesn't come as a huge surprise.

Pierce missed 11 games with a foot injury, concussion and finally a shoulder problem. He played in 16 games in 2011 and took the team to the Grey Cup in B.C., which they lost.

But he also missed most of his first season in Winnipeg in 2010 and injuries were one of the big issues he faced when he was with the B.C. Lions.

"Obviously, the way the season went for me and the way we left this year, there's going to be changes," said Pierce.

He says he knows he can win games if he can stay healthy. But Pierce understands the reality the team is facing as it decides where to go next season, after missing the playoffs when they hoped to get back to the Grey Cup. THE CANADIAN PRESS

Burke wants better D

Quarterback isn't the only spot that will be under review in the off-season as Burke, confirmed as head coach for next season prior to the Montreal game, and general manager Joe Mack roll up their sleeves.

- Burke, the former defensive co-ordinator who replaced the fired Paul LaPolice in mid-season, wasn't happy with the way his defence played.
- He'll be looking to hire a new defensive co-ordinator to help make changes.

NFL. Rookie Martin's 4-TD day leads Bucs to victory

Doug Martin of the Tampa Bay Buccaneers rushes for a touchdown against the Oakland Raiders on Sunday in Oakland, Calif. EZRA SHAW/GETTY IMAGES

The Tampa Bay Buccaneers turned to big-play rookie Doug Martin to pull away in the second half, yet still needed one key defensive play to hold off the Oakland Raiders.

Martin rushed for a franchise-record 251 yards and four touchdowns and Ahmad Black intercepted a Carson Palmer pass after Oakland had cut an 18-point deficit to three late in the fourth quarter as the Bucs beat the Raiders 42-32 on Sunday.

Martin, who was born in Oakland and went to high school in nearby Stockton, had a memorable homecoming for the Bucs (4-4) by scoring on runs of 1, 45, 67 and 70 yards as he gashed what had been an improved run defence for the Raiders (3-5) the past few weeks.

Martin, the 31st pick in April out of Boise State, became the first back since at least 1940 to score on three TD runs of at least 45 yards in one game, according to STATS LLC.

He finished 45 yards shy of tying Adrian Peterson's single-game record of 296 set in his rookie season in 2007.

THE ASSOCIATED PRESS

NHL

Marathon talks offer hope for a Lockout fix

The conversation is flowing again between the NHL and NHL Players' Association.

A marathon meeting between deputy commissioner Bill Daly and NHLPA special counsel Steve Fehr stretched from Saturday afternoon into the early hours of Sunday morning, and was followed by some encouraging news: The sides expect to return to the bargaining table again soon.

"We met on and off for most of the day and covered a lot of ground," Daly told The Canadian Press via email. "We plan to meet again early in the week."

Daly and Fehr got together at an undisclosed location in an effort to shield themselves from the media spotlight and start finding a way forward in negotiations. The session included "good, frank discussion on the most important issues separating us," according to Daly.

It represented a significant departure in protocol from the last few months, when the parties rarely sat down together for more than an hour or two at a time. The meeting was also unique because it included just the No. 2 men from the league and union, perhaps offering a harbinger of better times ahead (Daly and former NHLPA deputy Ted Saskin laid the groundwork for the deal that ended the 2004-05 lockout).

THE CANADIAN PRESS

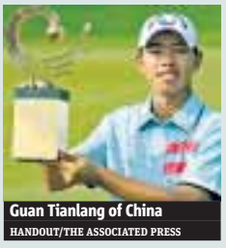
Golf

Teen Tianlang going to Masters

Guan Tianlang of China has won the Asia-Pacific Championship, making the 14-year-old the youngest player to qualify for the Masters.

The previous record was Matteo Manassero of Italy, who was about to turn 17 when he played in 2010.

THE ASSOCIATED PRESS



Guan Tianlang of China
HANDOUT/THE ASSOCIATED PRESS

Horoscopes

Aries
March 21 - April 20
Someone will introduce you to a new idea today and while it may be a bit uncomfortable you will benefit intellectually. But don't get too radical in your thinking: the answers you seek are mainly in the middle ground.

Taurus
April 21 - May 21
Unexpected developments will throw up new challenges and opportunities over the next few days. Are you ready for them? Are you willing to adapt? Only those who know how to think and act fast will gain in the long-term.

Gemini
May 22 - June 21
Your ability to visualize what it is you want to accomplish will make things easy for you this coming week. Others may say you are chasing rainbows, and maybe you are, but at least you have a dream of some sort.

Cancer
June 22 - July 23
Although you may want to comfort someone who has a whole load of personal problems don't make it look as if you condone their negative behavior. Overall, they have only themselves to blame. Sad but true.

Leo
July 24 - Aug. 23
If you don't ask you won't get, so speak up and let others know what it is you want from them. Their response may not be entirely positive but it won't be entirely negative either. You'll get something at least.

Virgo
Aug. 24 - Sept. 23
The planets warn there is still a lot of work to be done to get from where you are now to where you most want to be. The good news is you have a clearly defined goal and can start working towards it.

Libra
Sept. 24 - Oct. 23
You won't be short of ideas and you won't be short of opinions. The one thing you may be short of is the ability to see that not everyone thinks the same way as you. What happened to your Libra sense of balance?

Scorpio
Oct. 24 - Nov. 22
Try not to lapse into negative patterns of behavior, especially where money matters are concerned. If you think you are going to lose out in some way your thoughts will create circumstances that are likely to make it happen.

Sagittarius
Nov. 23 - Dec. 21
Some people seem to think that your main task in life is to look after them. It's about time you let them know it isn't true. Cut off assistance today and let them fend for themselves. In the long-term it will do them good.

Capricorn
Dec. 22 - Jan. 20
Differences of opinion on the work front need to be resolved this week. Colleagues and employers are ready to talk business but are reluctant to make the first move. Fortunately you're much braver than they are.

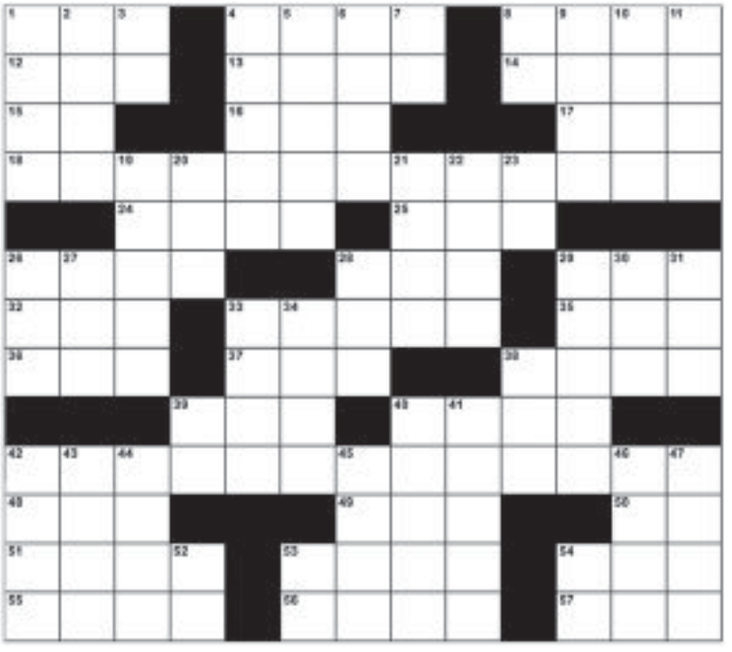
Aquarius
Jan. 21 - Feb. 19
If you can get away at short notice this is a good time to travel, but if you are stuck in one place there are other ways you can make life interesting. Use your imagination. What you think today you'll be doing tomorrow.

Pisces
Feb. 20 - March 20
You seem to believe that someone is plotting against you. Common sense should tell you there is nothing to fear

SALLY BROMPTON

Canadian Crossword

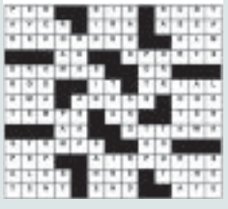
BY BETTY MARTIN



Across
1. Football official
4. Dick and Jane's dog
8. Leave out
12. Appendage
13. Docile
14. Arson
15. Circle ratio
16. Actress Gardner
17. Negative vote
18. Flighty fellows
24. Enemies
25. Chat room access provider
26. Construction area
28. Many thousand (abbr.)
29. Form of address
32. High card
33. Hillock
35. Afternoon social
36. Actor James Van – Beek
37. Three, in Rome
38. Quiet!
39. Possess
40. College official
42. Insatiable Sesame Street character (2 words)
48. Decide on
49. Picnic pest
50. Egyptian Sun God
51. Den
53. Fragrance
54. Brand name for pens
55. As well as
56. Extremely
57. — Haw

Down
1. Knocks sharply
2. Actor McCormack
3. Radio dial
4. Avow
5. Re-tars the road
6. Actor Epps of House, M.D.
7. — Deum
8. "East – Eden"
9. Skirt length
10. Neighbour of Iraq
11. Golf gadgets
19. Comes up next
20. Digit
21. Remove water
22. Dinner accompaniment
23. Actor Pacino
26. Dismal
27. Keeps drinks cold
28. Me, to Miss Piggy
29. Dangerous feat
30. Plural ending
31. Cheer
33. New Zealand fruit
34. Star Trek: Deep Space —
38. This Hour — 22 Minutes
39. Give the go-ahead
40. Blood giver
41. Access
42. Type of pop
43. October birthstone
44. Elevator maker
45. Erected
46. Great lake bordering Lake Ontario
47. The Amazing —
52. Former co-host of The View (init.)
53. Ottawa valley (abbr.)
54. Old time "Road to...." actor (init.)

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

2		4		7		5		6
			4			3	8	1
			9	6				5
7			3		8			9
1				5	2			
8	6	3			4			
4		5		9		1		2

Yesterday's Sudoku

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: 4° MIN: 2°	MAX: 6° MIN: -1°	MAX: 1° MIN: -2°

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